

Ten Minute Corn Chowder

Rating: ★★★★★

Makes: 4 servings

Ingredients

- 1 **teaspoon** vegetable oil
- 1/2 onion (chopped)
- 1 **teaspoon** garlic (minced)
- 4 **tablespoons** flour (all purpose)
- 3 **cups** non-fat milk
- 2 **teaspoons** mustard
- 1/4 **teaspoon** thyme (dried)
- black pepper (to taste)
- 2 **cups** corn kernels (frozen)
- 4 **tablespoons** cheddar cheese, shredded reduced fat

Directions

1. Heat a large non-stick skillet over medium-high heat. Add the oil and saute the onion and garlic until golden, about 2 minutes.
2. Meanwhile, place the flour, milk, mustard and seasonings in a small bowl and mix well.
3. Add the milk mixture to the skillet followed by the corn; mix well until the mixture comes to a boil and thickens, about 3 minutes. Stir frequently to keep the mixture from burning.
4. Divide into four bowls and top each with 1 Tablespoon of shredded cheese.

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Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	210	
Total Fat	3 g	5%
Protein	12 g	
Carbohydrates	37 g	12%
Dietary Fiber	3 g	12%
Saturated Fat	0.5 g	3%
Sodium	150 mg	6%